



Upwey Seniors Community Centre: 6 Mahony Street - in car park behind Upwey Shops. PO Box 1153 Upwey, 3158 Phone: 9754 3339 Email: [office@sherbrookeu3a.org.au](mailto:office@sherbrookeu3a.org.au) Web: [www.sherbrookeu3a.org.au](http://www.sherbrookeu3a.org.au)

### TERM DATES FOR 2020

Term 1: Completed.  
Term 2: No classes  
Term 3: Under review  
Term 4: Under review

### COMMITTEE

President Judith Patrick  
Vice President Diana Little  
Treasurer Barbara Yawney  
Classes Jean Pettitt-Brown  
Atg Secretary Judith Patrick  
General Committee Members:

Minute Secretary Anna Lane  
Linda Rogers  
Fred Alder

### OFFICE HOURS =

Suspended

#### PLEASE RING

JUDITH 9754 3507  
[jpatrick33@bigpond.com](mailto:jpatrick33@bigpond.com)

BARBARA

0431 700 906

[byawney@optusnet.com.au](mailto:byawney@optusnet.com.au)

### WAITING

Waiting alone can be a pain  
Together in waiting a gain  
All hoped for being returned  
Continuity of lessons learned.

Judith

Dear Members, it is unfortunate for all that Victoria is experiencing an increase in people with the Corona Virus affecting their health and the health of others. Please let me know of any members needing help. The Council wishes to open all their leased Halls as a block together so no matter how good we are at cleaning and social distancing we have to wait with the other community places. There is no date set as yet. It will float down from above.

We need to stay connected as much as possible during these difficult times so please ring around, email around and although we cannot open the Hall yet there are many places throughout the Shire that are open. The Belgrave Library is now open. Monbulk Aquatic is now open. Ring me anytime. 9754 3507

CLASS NEWS for Term 3 – Date still to be determined by Council.

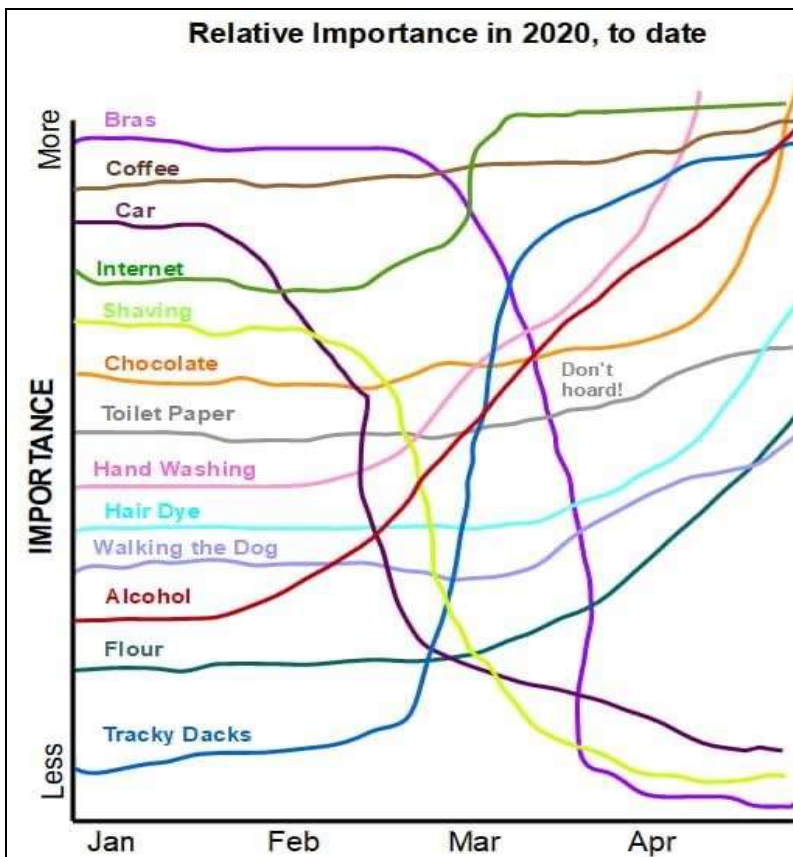
- Zoom has been utilised by **GERMAN, LANGUAGE & IDEAS** and **GARDEN GROUP** for their meetings during Term 2. If you wish to arrange a time for any group please contact Barbara Yawney.
- If you are interested in **BRING A SONG AND SING TOGETHER** on Mondays from 2.30pm to 4.00pm please let me know. It can start as soon as we regain use of the Hall.
- Jean and Peter have advised us that they would prefer not to lead a **TAI CHI AND CHI GONG** class in Term 3 due to their concern for the health of such a large group. They will review their position for Term 4. Thankyou Jean and Peter. You are legend.
- **BUSH WALKERS** are enjoying their time together and hardly notice the social distancing as they are so experienced in it and obeying all rules while sharing the beauty of the walks propels them on.
- Dig out all those old photo's and think what a story they represent. The **PHOTOS WITH STORIES** class (or Stories with pictures) will definitely be starting on Fridays from 12 noon when we have use of the Hall.
- **CARD MAKING** will also be available. Ring Marian on 0490 254 345
- **UNDERSTANDING DEMENTIA** – see further on for a free course provided by University of Tasmania. Click to open the links.
- **FRIENDLY DROP IN** Mondays 1.30–3.30. Share a cuppa with friends (or people who soon will be). Get to know each other. Play board games and quizzes. Bring your knitting, crocheting and other handcrafts. DVD's available. You may wish to join in the **SEWING/DRESS MAKING** class or help with the **COMMUNITY MEAL MAKING** which donates desserts for 100 local people once a term. **OUTINGS** can be held during term breaks. **PIANO/MUSIC** sessions are also available.
- **BOWLS** - They say bowls is easy to learn but very hard to master. Do you want to find out ????? Upwey-Tecoma Bowls Club is offering Sherbrooke U3A and Knox U3A an 8 week course on playing bowls. Club coaches take people through the basics of play with a Group Leader from

U3A in attendance. Bowling Club memberships are available for those who wish to continue social or competitive play after the Introduction Course. Contact: Judith Patrick 9754 3507

If you would like to send in any **ARTICLES FOR PUBLICATION** in our newsletter please send them to me. Keep them respectful. A good laugh is always welcome but tears timely shared are great value between laughs also.

Just at the moment we are advised to put a big effort into STAYING HOME as much as possible so please give it your best shot and we will all be together again sooner rather than later. YIPEEEEEEEEEEE PART OF TERM 3 IS BETTER THAN NONE.

**MISS YOU ALL KEEP HEALTHY AND HAPPY - Judith & Committee**



It's wonderful to see how Australian's are adhering to the social distancing rules. When I go shopping with my favourite bag people not only give me 1.5m but actually cross the road and run away! 😊





**Understanding  
Dementia  
MOOC**  
*Free Online Course*

**Enrol Now for July 2020**

Hello to all at Sherbrooke U3A Inc.,

Nearly half a million Australians are currently living with dementia and with the ageing of our population this number will double in the next 30 years. The majority of people with dementia live in the community. We know that the University of the Third Age provides valuable opportunities for learning and social engagement for older people. Some members may be caring for a loved one with dementia, or even experiencing early stage dementia themselves. Educated about this condition, U3A members and volunteers, as well as those in the wider community, can better support those living with dementia, their families and carers.

In response to the need for accessible evidence-based education, **the University of Tasmania's Wicking Dementia Research and Education Centre offers a free online course – The Understanding Dementia MOOC (Massive Open Online Course)**. The course focuses on the brain diseases that cause dementia, how these brain changes result in cognitive, behavioural and other symptoms, and the latest evidence about what constitutes high quality care.

The Understanding Dementia MOOC is open to everyone and will likely be of interest to your members, volunteers and others in your local community. It would be greatly appreciated if you could let people know about this free course. Ways you can let others know are listed below.

**Enrolments are now open for the Understanding Dementia MOOC commencing on 7th July.**

**Course opens:** 7th July, 2020

**Course duration:** 7 weeks

**Estimated effort:** 3 hours per week

**Course access:** Day or night, on your smart phone, tablet or computer

**Course closes:** 18th September, 2020 (content is accessible across 10 weeks)

**Completion certificate?:** Yes, there is a personalised certificate on completion

**Cost:** FREE

[Click here](#) for more information about the Understanding Dementia MOOC.

Click on the button below and follow the prompts to sign up and enrol at [mooc.utas.edu.au](https://mooc.utas.edu.au):

[CLICK HERE TO ENROL](#)



**TOP 100**  
Free Online Courses of  
All Time on Class Central\*



**No. 1**  
Health & Medicine Category  
on Class Central\*



**250,000**  
Understanding Dementia  
enrolments since 2013

\*Class Central - a leading aggregate site of over 15,000 online courses.

## Let others know...

- If you know of someone else who might be interested, please encourage them to sign up and enrol at [mooc.utas.edu.au/landing/udcrm11share](https://mooc.utas.edu.au/landing/udcrm11share)
- To print a poster and/or flyer to display in your workplace or on your local community noticeboard, please [click here](#)
- Visit the [Understanding Dementia Facebook Page](#) and share our post to 'enrol now' with your networks.

Thank you for taking the time to read about the Understanding Dementia MOOC. We hope to see you and your members in the course soon.

Kind regards,



*James Vickers*

**Professor James Vickers**  
Director  
Wicking Dementia Research  
and Education Centre



UNIVERSITY of  
TASMANIA

**WICKING**  
Dementia Research  
and Education Centre

Stay connected:



[utas.edu.au/wicking](https://utas.edu.au/wicking)

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